



Base Bulletin

Vandenberg AFB, CA 93437-0759



30 April 2003

No. 18

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via email to publishing.management.dci@vandenberg.af.mil or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-6-6614 to arrive at 30SCS/SCSP-DCI by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL7

1. Team Vandenberg:

a. Family Liaison Training (FLO): 1 May 03, 1000-1200 and 1400-1600 at the Vandenberg Center's Auditorium. All personnel appointed as a FLO for their squadron must attend one of these sessions. IAW AFI 34-1101, it is recommended every unit provide a minimum of two FLO representatives (one officer and one senior enlisted). Units must have a current letter on file not to exceed 6 months. If units do not have current letter on file please accomplish and forward to Mr. Tucker. 30SVS/SVMX, Mr. Tucker at 6-3653.

b. JPASO Scheduling Conference: 1 May 03 at 1000 in Bldg. 7025, WROCC Auditorium. There will be a special Delta IV EELV program presentation during this meeting. In addition several range scheduling briefings are planned with presentations by representatives from JPASO Pacific area ranges including PMRF Barking Sands Hi, Naval Air Pt. Mugu CA, 22 Space Operations Squadron, U.S. Army Kwajelein Atoll and others discussing range instrumentation, maintenance and operations schedules and issues. (30RANS/DOUS, 6-8985)

c. Vandenberg African-American Association General Membership Meeting: 1 May 03, 1530 at the Chapel 1Annex. Topics of discussion will include all facets of the scholarship drive to include the official presentation. Other topics of discussion will be upcoming fund-raisers, and activities in conjunction with surrounding communities. Membership is open to all DoD employees and their dependents. Meetings are held on the first Thursday of every month. For more information, contact 2SLS/MAFA, Lt Isaac Wright, 5-4910 or Lt Kendall Jordan, 6-3593.

d. Retirement Ceremony: Colonel Samuel W. Fancher, Chief of Logistics, Fourteenth Air Force cordially invites you to attend a retirement ceremony in honor of Senior Master Sergeant Linda M. Delgado on 2 May 03, 1000 at the 381st Training Auditorium, Building 8290 Vandenberg Air Force Base, California. POC: SPACEAF/A14, TSgt Ramos at 6-8206.

e. 9th SOPS Change of Command Ceremony: 2 May 03 at 1000 at the Pacific Coast Club with reception to follow. Major Lois Diggs will be relinquishing command and Major Patrick Assayag will be assuming command. All Team Vandenberg and Tennant units welcome to attend. POC: 9SOPS/CCA, MSgt Taft at 5-4484.

f. Operation Baby Launch: 13 May 03, 1700 in the 30th Medical Group Auditorium. This is a great opportunity to learn valuable information on resources available from local hospital representatives, TRICARE financial concerns and our Family Practice Clinic. Receive a free formula kit and gifts. There will also be free raffle. Spouses and partners are welcome and registration is not required. POC: 30 MDG/SG, Captain Rosales, 5-8254 or Nancy Sias, 6-8217.

g. 30MSS/Office Closure: 16 May 03 from 1400-1630 for an official function. An emergency phone number will be posted on each customer service office door. POC: 30MSS/DPMAR, SSgt Wilfong at 6-3969.

h. 101 Critical Days of Summer Campaign Mandatory Briefing: 19 May 03 at the Pacific Coast Club at the following times: 0800, 1000, 1300 and 1500. Attendance is mandatory for all 30SW personnel. Associate units will be provided video copies one week after the event. 30SW/SEGB, 6-8804.

i. Dorm Manager Positions: The 30MSG has two immediate openings for Dorm Managers. These positions are a 2-year controlled Special Duty tour with the award of the 9D000 Special Duty Identifier (no SKT testing required for duration of tour). Come join a dynamic dorm management team that makes an everyday difference in the quality of life for dorm and unaccompanied housing residents! Highly motivated Senior Airmen, Staff Sergeants, and Technical Sergeants are encouraged to apply by sending a letter of recommendation from their commander, and copies of their last three EPRs to 30 MSG/CD. POC: 30MSG/CCH, SMSgt Joseph at 6-2990.

j. Airfield Fencing: The electric fence installed around the entire airfield has been activated permanently. The fence is six feet high and consists of 7 white nylon strands and if touched will feel like a pulsating household current. For safety reasons please stay away from this area. POC: 30OSS/OSAA, Capt Horowitz at 6-4129 or TSgt Gunther at 6-6941.

k. Summer Safety Tips: Heat, Storms, Vacations, Picnics: Heat often impairs driving ability. Heat can make you tired, fatigued, and less alert. Solutions: Keep cool while driving by running your air conditioner. Switch drivers on longer trips to avoid driving when drowsy or fatigued. When you're not behind the wheel, keep your car cooler by parking in the shade. Summer storms can create slippery road surfaces and cause vehicles to hydroplane or skid out of control. Solution: Release the accelerator and avoid braking until the car slows. Control should return in a few seconds. When people drive to a vacation destination, they're usually very unfamiliar with the road systems. As a result, they often make sudden turns and other last-minute maneuvers. This can be dangerous for everyone on the roadway. Solutions: Study a map beforehand and know exactly where you're going. Accommodate for delays caused by summer road construction. While picnics and parties are an important part of summer fun, they also tend to increase alcohol consumption. Don't drink and drive. POC: Florence Pangelinan, 30SW/SEGB, 6-8804.

l. Airmen Against Drunk Driving: Looking for a free, safe ride home with no questions asked? Call us and we will come get you! 605-AADD is the number. We care, do you?

2. 30th Space Communications Squadron:

a. Need EMSEC training? Look out for a global e-mail announcement called: "PC, Security & ADPE Classes" by Ms. Lexi Schwartz, from our MCA Contractor. In addition to EMSEC, you will find other security training opportunities for: Unit Computer Security Manager, Computer Certification and Accreditation, and IAAP (SATE) training courses. To register, or for additional information, contact Ms. Lexi Schwartz (Lexi.Schwartz@vandenberg.af.mil). For questions only, not reservations, call MCA at extension 6-3771.

b. Web Enabled Records Information Management System (RIMS) Version 3.0 will be implemented at Vandenberg. The purpose of this program is to provide assistance with Records Management. This is a mandatory Air Force-wide Information Management Standard Automated System and supersedes version 2.1. Base Records Management will be soliciting units to assist with the implementation of this program. Our goal is to have all office records operational with RIMS V3.0 by December 03. For questions or concerns call the Base Records Management Office at 6-4212 or e-mail: joseph.jiles@vandenberg.af.mil. (30SCS/SCBR-DCI)

3. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: SSgt Papa, ext 6-0904 (30LRS/LGRT)

b. It's Your Move: If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. POC: Maureen Burt, 6-6932/33 (30LRS/LGRT)

4. Civilian Personnel: (30MSS/DPCE, 6-5847)

a. Voluntary Leave Transfer Program: Jeannette H. Parker - Vandenberg AFB, Anonymous (employee does not wish to be identified) - Tyndall AFB, Janet Brown, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Denise Christopher - Luke AFB, Kaye Ferguson - Los Angeles AFB, Debra Bucheck, Kevin Hanson, Anthony Karas, and Gail Knitter - General Mitchell IAP WI, Lora Hudson - Kirtland AFB, Jane Kelsey - Eglin AFB, Jeff Moody - Patrick AFB, Jacquelyn Schmidt - AF Academy, Mary Shepherd - Robins

AFB, Yvonne Williams - Dobbins ARB, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an Optional Form 630-A. You can go by Building 11777, Room B-105 to pick-up and/or turn in your form. You can access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf

b. Thrift Savings Plan (TSP) Open Season: The TSP open season began 15 Apr 03 and will end 30 Jun 03. During this next open season, FERS employees may elect to contribute up to 13 percent of their basic pay and CSRS employees may elect to contribute up to 8 percent of their basic pay. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, 1-800-997-2378, or the EBIS website http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. To allocate which funds you want to contribute to, access the TSP website at <http://www.tsp.gov>. This site also provides rates of return, guide booklets, forms, and much more. The IRS elective deferral limit for 2003 is \$12,000. FERS employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. **Catch-up Contributions:** The President signed legislation (P.L. 107-304) on 27 Nov 02, authorizing a program of "catch-up" contributions for TSP participants who are age 50 and over, and are already contributing the maximum amount to the TSP without exceeding the \$12,000 IRS limit. The maximum allowable amount for catch-up contributions for 03 is \$2,000. Eligible participants will be able to elect catch-up contributions in Jul 03, or anytime thereafter. Elections made in July will be effective in August. The TSP Loan interest rate for new loans is 4%. Loan agreements and withdrawal requests must be approved by 30 Apr 03 for payments to commence in May 03 and must be approved by 30 May 03 for payments to commence in June 03. (DPCE, 6-5847)

5. Security Forces Squadron: (30SFS/SFTC, 5-5025)

a. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If you are interested in starting this program in your area, call 5-0792. (30SFS/SFOSP)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Security Forces Dispatch Bldg. 13730. For more information, call 6-3911 or 5-0792 (30SFS/SFOR)

c. School Zone Parking on Vandenberg AFB: The 30 SFS, in accordance with 30th Space Wing Instruction 31-109 and the California Vehicle Code 22500, Chapter 9, will continue strict enforcement of prohibited parking in all school zones. It is prohibited for vehicles to park in zones marked as no parking or in zones designated for school buses. Vehicles parked in these areas, whether operating a motored vehicle or passengers or not physically present inside the vehicle are in violation of the wing instruction and the California Vehicle Code. Violators will be cited, towed or both. For more information, contact 30 SFS/SFOP at ext 5-2585.

6. Air Force Reserves: (30 MSS/ISR)

Briefing: 13 May 03, 1300, Bldg. 11777, Room C-114. If you are interested in applying for this program, you must first attend the **Palace Chase** briefing. For more information, call MSgt Kartheiser (AF Reserve Recruiter, 6-2704).

OFFICIAL

Robert M. Worley II
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Vandenberg Bass Membership Meeting: 30 Apr 03, 1700 at the Base Library. Our next tournament will be 4 May 03 at 0600start at Pine Canyon lakes. If you are interested in joining the Club contact the President Mr. Cal Long at 6-3013 or email at: calvin.long@vandenberg.af.mil

b. Career Day at UCLA: 2 May 03, 1500-1800. Career Day has always proven to be a motivating experience for cadets who can share their experiences with college students. Officers of all AFSCs are welcomed. If interested contact 30SW/PA, 2Lt Janet Webb, Public Affairs Office at 6-3595.

c. Free Admission Circus Chimera: Scheduled to visit the greater Santa Ynez, Lompoc and Santa Maria Valleys and wish to show their appreciation by inviting all current cardholding active duty military dependents to be their guests with free admission on the dates, times, and locations listed: Solvang, Santa Ynez Mission Grounds: 28 Apr 03 at 1930, and 29 Apr 03 at 1630 and 1930. Lompoc at Central and O Street on 30 Apr 03 and 1 May 03 at 1630 and 1930. Santa Maria, Santa Maria Fairpark on 2 May 03 at 1930, 3 May 03 at 1330, 1630, and 1930, and 4 May 03 at 1230, 1530 and 1830. (30SW/PA, 6-3595)

d. Commissary Drawing Contest: Children, please assist us by decorating for spring. Just draw a picture of your favorite flower and submit it to the Customer Service Center NLT 15 May 03. Judging will take place on 16 May 03 and will be comprised of three age groups: age 4 and under, ages 5 through 8 and ages 9 through 12. Pictures will be judged on originality, creativity and colorfulness. POC: DECA, Paige Zuniga, 734-3354, ext. 225.

d. VAFB Chess Club: Is affiliated with the United States Chess Federation, USCF, and meets every Thursday at 1630 in the Services Building. All ages and ability are welcome. POC: Joel Parney at 734-3345.

e. Vandenberg Women's Arena Soccer Seeking Players: Soliciting women who are interested in playing Arena Soccer. E-Mail crystal.shaffer@vandenberg.af.mil. (30OSS/CCA, 6-6171)

f. TRICARE Beneficiaries Scheduling On-Line: Now has the ability to schedule online routine, wellness, and follow-up appointments with their Primary Care Manager. We can access 18 million pages of health and wellness information with the click of a button. To gain access to TRICARE Online, simply logon to the Internet and type in www.tricareonline.com on your web browser, and click go. Once you build your profile and establish a password you are on your way to scheduling appointments online. POC: 30MDG/SGSB, Capt Fowler at 6-3012

Health and Wellness Center: (To Pre-Register for classes call 6-2221)

a. Tobacco Cessation Classes: 6-week program that includes medication.

b. Sensible Weigh: 4-week weight/fitness class. Call for schedule and to sign up.

c. Risk Reduction Classes: Weekly classes meeting at the MDG, which address Cholesterol, Diabetes, Hypertension and Weight. Topic varies call for schedule and to sign up.

d. Prenatal Exercise Class: Quarterly class. Next class 22 May 03, 1400.

Chapel: (30SW/HC, 65773)

a. Monthly Prayer Breakfast: 8 May 03, 0630 at Chapel One Annex. The speaker will be Chaplain Major General Potter, Chief of the Chaplain Services. Everyone is welcome.

b. 381 Training Group Chapel Events: Please come and join us for the following weekly events: Bible Study & Prayer on Wednesday's 1130-1230 Group Conference Room (Bldg 8290), Friday's 1730-1830 Praise & Worship Service at the Group Auditorium (Bldg 8290), and 1830-2000 Pizza/Game Social in the Group Foyer (Bldg 8290). POC: Chaplain Beeman, 6-8963. These events are open to all.

c. New Chapel Hours: The Chapel is open 0700-1700 Monday-Friday. POC: Chaplain Beeman, 6-8963.

d. Daily Prayer: Every morning 0715-0725 at Chapel I. All Vandenberg is invited to pray for our Nation, Troops & Families.

e. Worship Schedule: Catholic Mass Sat, 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 Monday-Friday, Chapel II. **Protestant** - Praise & Worship 0830 Sun, Chapel II; Gospel 1130 Sun, Chapel II; Traditional 1130 Sun, Chapel I.

f. G.I Java One Year Anniversary: 3 May 03, 1700-2200 there will be an Open House. The band "Less Than Heroes" will be performing. Everyone is welcome.

Family Support Center: (To pre-register for all classes, workshops, and seminars, call the designated point of contact.)

a. Marriage Enrichment Counseling: Offered on a one-on-one basis for couples married or planning to marry. Contact Linda Bastine at 6-9958 to make an appointment.

b. Office Closure: The Family Support Center will be closed for staff training every Monday from 0730-

0930. Personnel requiring emergency Air Force Aid will be assisted. POC: Sally Galligan, 30 MSS/DPF, 6-0801.

c. 3rd Annual Volunteer Recognition Ceremony: 2 May 03, 1430-1630 in the Pacific Coast Club Ballroom. Join us to celebrate Vandenberg Volunteers! For more information, please contact Sally Galligan at 6-0801.

d. Stress/Self Management Course: Beginning 6 May 03 and will run for 6 weeks, every Tuesday through 10 Jun 03 from 1400-1600 at the HAWC. You will learn skills on dealing with conflict, relaxation techniques, and positive lifestyle choices. Contact Linda Bastine at 6-9958 to register.

e. 3-Day TAP Seminar: 6 through 8 May 03, 0800-1600 at the Family Support Center. This is a highly recommended seminar for those who are scheduled to be separated or retired from the military service within the one-year. Speakers brief you on job search, networking, resume writing, interview technique, federal employment opportunity, relocation, education and vocational opportunities, and other topics. Sign up early! Contact Larry Davis at 5-0134.

30th Services Squadron: (30SVS/SVK, 6-0276) Auto Hobby Shop: (30SVS/SVRA, 6-6013)

a. Auto Skills Classes: By appointment. Tune-up, maintenance class for non-mechanics and equipment safety classes.

b. Bowling Center: (30SVS/SVRB, 6-3209/734-1310)

- **Airmen's Night:** 1 May 03, 1700-2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Bowl With Your Buddy:** 11 May 03. Any child can bring in their mother and let them bowl for free. For every paid game a child bowls, mom gets a free matching game.
- **Deployed Spouses Day:** Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. All pre-school age children bowl for free with a paying parent.

c. Breakers Dining: (30SVS/SVMF, 6-7540)

- **Extended Dining:** Breakers has extended the Saturday dinner hours to 1600-1900 on a trial basis. These hours will run through 31 May 03.
- **Deployed Spouses:** Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.
- **Turbo Chef Food Demo:** 28 Apr 03.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** 9 May 03, 1800-2200. This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out if you qualify.
- **Parent Appreciation Day:** 9 May 03, 1430-1600. Art activities will be on display outside the rooms with lemonade and crackers to snack on. Thank you to all our parents!

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Providers:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Get Fit & Win Fun Run:** 6 May 03, 1200.
- **All Night Softball Tournament:** 9 May 03, 1800.

g. Library: (30SVS/SVMG, 6-4202)

- **Pre-School Story Time:** Every Thursday at 1000.
- **Dial-a-Story:** The phone number is 6-4300 (Available 24/7, changes each Sunday). This week's story is "The Stars in the Sky."
- **Military Professional Reading Group:** 9 May 03, 1500. Meets at the library conference room, the first book discussion will be "Band Of Brothers" by Stephen Ambrose. For more info contact 2Lt Miller at 5-4850.

h. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

- **Nike Demo Day:** 3 May 03, 1000-1500. Stop by the driving range to see the latest equipment from Nike.
- **Two-Person Scramble:** 10 May 03. Cost is \$10, entry deadline is 8 May 03 at 1500.
- **Youth Golf Lessons:** Saturdays at 1330. For ages 8 years and up. Cost is \$5 each session, includes use of rental club set and range balls.

i. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)

- **Santa Barbara Sailing:** 31 May 03, 1030 through 1730. Make an escape for the high seas with Outdoor Recreation Limited space is available. Cost is \$46 each.
- j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)
 - Entertainment/Events:**
 - **Club Card Drawing:** The drawing is every Friday between 1700 and 2000. \$50 giveaway in each lounge each week. Must be present to win.
 - **'Cinco De Mayo' Latino Night:** 2 May 03, 2100-0200, in the Enlisted Lounge. Beverage specials available.
 - **Karaoke & DJ:** 2 May 03, 1800-2200, in the Officers' Lounge.
 - **Mug Night:** 3 May 03, 2100-0200, in the Enlisted Lounge.
 - Menu:**
 - **Pacific Fried Chicken Night:** Tuesdays, 1700-2000. 4 pieces for \$7.95, 8 pieces for \$12.95, 16 pieces for \$17.95. Show club card for MFP.
 - **Pasta Mania Buffet:** Thursday Nights, 1700-2000. Children under 10 years are free; children age 11-12 are half price.
 - **Mongolian BBQ:** 7 May 03, 1800-2000.
 - **Mother's Day Brunch:** 11 May 03, 1000-1400. Cost is \$20.95, children age 4-12 are 75¢ per year, and children under 4 years eat free. Reservations are required: 734-4375 or 6-3330.
 - **Weekly Lunch Schedule:** Tuesdays-Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wednesdays-Santa Maria BBQ Buffet, Thursdays-Chicken & Ribs Buffet, and Fridays-Seafood Buffet.
- k. Rod & Gun:** (30SVS/SVRR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.
 - **Intramurals:** Season is underway. See your sports unit rep for details.
 - **Sporting Clays:** 2nd and 4th Sundays each month.
- l. Services Center:** (30SVS/SVYR, 6-7976)
 - **Free Dance Lessons:** Wednesdays, 1830-2100. Free country-western line dancing lessons.
 - **Natural Knead Massage:** Custom gift baskets and gift certificates are available for Mother's Day.
- m. Skills Development:** (30SVS/SVRS, 6-6438)
 - **Classes & Workshops:** Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.
- n. Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Lap Swim:** Mon-Fri, 1000-1300.
- o. Youth Center:** (30SVS/SVYY, 6-2152)
 - **Vandenberg Flyers:** Cheerleading/Dance Team program for ages 4 and up. Sign up at the Youth Center.
 - **Music Lessons:** Lessons from the Coehlo Academy of Music. Learn guitar, flute, keyboard and voice. Group and individual lessons. Sign up at the Youth Center.
 - **Kempo Karate:** Openings are available in the family class for youth 6 years and older with parent.
 - **Summer Camp:** Open registration runs through 16 May 03. Contact the youth center for more info.
 - **Skate Night:** 2 May 03, 1700-2000. Family fiesta skating and taco night at the Youth Center. Global hearts and Youth Center members are free. Family members and non-members are \$1.
 - **Hoops Registration:** 5 through 30 May 03. Sign up for the Operation Teen Night Hoops this summer at the Youth Center. Cost is \$ 25 (\$20 for Youth Center members). Season will run from 9 Jun 03 through 28 Jul 03. Limited slots available per division.

Education Center: (30MSS/DPHE, 5-5904)

a. Air & Space Basic Course (ASBC) and Squadron Officer School (SOS) For Civilians: The call for nomination packages for civilians to attend ASBC and SOS in residence is out. Nomination packages must be submitted to the Careers Program Office at AFPC by 28 May 03. Packages must be routed through the Civilian Training Office for Wing/CC endorsement. ASBC is open to all PAQ, Copper Cap, and Base Level Interns who have at least six months continuous federal service. SOS is open to GS-9 to 12. Both courses require that the attendee meet the same physical standards as the military. Information on both courses and nomination procedures can be found at <http://www.afpc.randolph.af.mil/cp/guide/sec-4.htm>. Point of contact is Ms. Barbara LeFebvre at 5-5913.

b. Career Enhancement Plans (CEP): The CEP is primarily designed to document required training and development needs for registrants in Air Force Civilian Career Programs. It replaces the individual development plan (IDP) and provides an in-system interface between individual training requirements and the career program training budget process. The CEP is also a mentoring tool. In preparing the CEP, the

supervisor and employee tailor enhancement activities to individual needs. The supervisor may also use the CEP to help evaluate an employee's short and long-term training requirements that will help the employee reach a certain goal. The Civilian Training Office is required to have all CEP training inputs updated by 27 Jun 03. Therefore, the suspense for CEPs to be returned to the Civilian Training Office is 13 Jun 03. Point of contact is Ms. Barbara LeFebvre at 5-5913.

American Red Cross:

Lompoc Valley District Office, 312 H Street, Lompoc (805) 736-5110, Email us: disaster@sbaco-redcross.org.

a. Introduction to Disaster Services #3066 & Orientation to Red Cross: 6 May 03, 1800-2100. Introduces participants to the American Red Cross and Disaster Services. Provides basic information about disasters & their effects and how the Red Cross assists.

b. Mass Care Overview #3068-1: 8 May 03, 1800-2100. Overview of immediate Mass Care services on chapter administered disaster relief operations, as well as on larger relief operations.

c. Damage Assessment # 3067: 13 May 03, 1800-2100. Prepares participants to conduct the damage assessment that is used as the basis for Red Cross family assistance. Covers the kinds of damage to be assessed, how to document damage & submit reports.

d. ERV Ready, Set, Roll! #4002: 17 May 03, 0900-1500. Prepares participants to drive the Emergency Response Vehicle and its function during a disaster.

Items For Sale, Wanted and Free To A Good Home:

For Sale: Bedroom set, includes dresser, mirror, chest, headboard, bedrails, nightstand, lamp and bedding. Asking \$150. If interested call 734-2205.

For Sale: Heavy-duty washer and dryer. Asking \$150 for both. If interested call 734-1364.

For Sale: Very nice contemporary brown and cream striped chair and ottoman. Asking \$25. If interested call 736-3953.

For Sale: Small freezer, works great. Asking \$60 firm. If interested call 734-0777.

For Sale: 1995 Ford Windstar LX, loaded, 7,000 miles on rebuilt engine. Asking \$4,500 or best offer. May be viewed at the Base Car Lot. If interested call 734-0777.

For Sale: 1987 Saab 900S, Red, sunroof, AM/FM cassette, A/C, power windows, 150,000 mi (but a Saab can go for 300,000 miles EASY), Great car, very reliable. Can be seen at the Base Auto Sales Lot (Across from the Auto Skills Shop). Asking \$2,999.99 or best offer. If interested call 736-0954.

For Sale: Motorcycle 1993 BMW K1100LT in excellent condition, 29,000 miles, Dark Green. ABS, full compliment of bags including saddlebag liners and 27-liter tank bag. Refreshed Corbin seat and unused stock seat, AM-FM Stereo Cassette, adjustable windshield, throttle lock cruise. Needs new rear tire. Asking \$6500. If interested call Mike at 733-0834.

Wanted: 2-Drawer Safe. The RF Spectrum Management Office needs a functioning 2-drawer container to store Secret material. You call and we haul. POC: 30SCS/SCMK, Mr. Jordan, 6-6695.